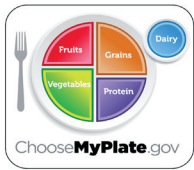


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MUSHROOM BEEF SLOPPY JOES

Chopped mushrooms, when sautéed, blend seamlessly with ground meats. Swapping or adding mushrooms to a recipe can add an extra serving of vegetables to the plate.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 8 oz white button mushrooms
- 8 oz cremini mushrooms
- ¼ lb 90% lean ground beef
- 1½ tsp canola oil
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 8 oz can no-salt-added tomato sauce
- 1 tbsp chili powder
- 1 tbsp brown sugar
- 1 tsp cider vinegar
- ⅛ tsp ground black pepper
- 4 whole-wheat buns

DIRECTIONS:

1. Chop mushrooms to approximate size and texture of cooked ground beef.
2. Heat a sauté pan over medium-high heat.
3. Add ground beef and mushrooms, and cook.
4. Sauté until ground beef is done.
5. Remove mushroom-beef mixture from pan.
6. Add onions and garlic to pan; cook until golden.
7. Return mushroom-beef mixture to pan, along with remaining ingredients.
8. Simmer about 10 minutes; remove from heat.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and a slice of watermelon.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1½ cup
Grains	1½ oz
Protein	¾ oz

Nutrition Facts	
Serving Size (274g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 13g	
Protein 13g	
Vitamin A 15%	Vitamin C 10%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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